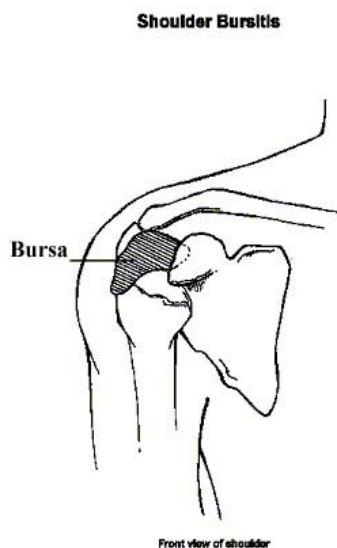


## **Shoulder Bursitis**

### **What is shoulder bursitis?**

Shoulder bursitis is an irritation or inflammation of the bursa in your shoulder. A bursa is a fluid-filled sac that acts as a cushion between tendons, bones, and skin.



### **How does it occur?**

The shoulder bursa can become inflamed from repetitive motion of the shoulder. Shoulder bursitis often occurs in sports with overhead activities such as swimming, tennis, or throwing. It may also occur in occupational activities such as painting or carpentry.

### **What are the symptoms?**

You have pain on the outer front side of your shoulder. Your shoulder may hurt when you lift your arm above your head. The outer side of your shoulder may become swollen and may at times feel warm.

### **How is it diagnosed?**

Your health care provider will review your symptoms and examine your shoulder.

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## How is it treated?

Treatment may include:

ice packs on your shoulder for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away

anti-inflammatory medication or other pain medications

an injection of a corticosteroid medication into the bursa to reduce the inflammation and pain

exercises to help in your recovery.



## How long will the effects last?

The effects of shoulder bursitis may last several weeks to many months. A bursa inflamed for the first time usually recovers more quickly than a bursa that has been inflamed repeatedly. It is very important to change your activity or work routine to avoid the shoulder movements that make the bursitis worse.

## How can I prevent shoulder bursitis?

Be sure to warm up properly and stretch your shoulder before such activities as throwing, playing tennis, or swimming. If your shoulder begins to hurt during these activities, you may need to slow down until the pain goes away.

Written by Pierre Rouzier, M.D., for McKesson Clinical Reference Systems.

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.